



Flu Vaccines (Shots) Can Protect You During Your Pregnancy

Swine Flu

2009 H1N1 (also called "swine flu") is a new flu virus that makes people sick. Swine Flu is different from the seasonal flu virus. Most people cannot fight off the swine flu virus. Flu shots are available to protect against the swine flu.

Experts from the Centers for Disease Control and Prevention (CDC) recommend both seasonal flu and swine flu shots be given to pregnant women at any time during pregnancy. It is important for a pregnant woman to receive both shots. When a pregnant woman gets a flu shot, it can protect both her and her baby. Both of these flu shots can be given on the same day. Call your doctor to find out if you should get the flu shots and make an appointment.

The Access for Infants and Mothers (AIM) Program covers the shots for swine flu and the seasonal flu at no charge to you. There is no copayment for the shots. The AIM Program also covers oral anti-viral medications if medically necessary.

Ways to Reduce Risks for You and Your Family

Take these steps to reduce the chance of the swine flu virus infection:

1. Ask your doctor about whether you should get seasonal flu and swine flu shots
2. Cover coughs and sneezes with a tissue. Throw the tissue in the trash after you use it.
3. Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
4. Avoid touching your eyes, nose and mouth. Germs spread this way.
5. Stay away from people who are sick.
6. If someone in the household is sick, try to keep the sick person in a separate room from others in the household, if possible.
7. Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean with a household disinfectant.

How Can I Learn More?

Ask your doctor. Call your local or state health department. Contact the Centers for Disease Control and Prevention (CDC) at **1-800-232-4636 (1-800-CDC-INFO)** or visit CDC's website at <http://www.cdc.gov/h1n1flu> or <http://www.cdc.gov/flu>. You can also visit the U.S. Department of Health and Human Services website at <http://www.flu.gov>

To read more about the **"2009 H1N1 Influenza Shots and Pregnant Women: Questions and Answers for Patients"** by Centers for Disease Control Prevention (CDC), visit this link: http://www.cdc.gov/h1n1flu/vaccination/pregnant_ga.htm



Visit the AIM Program's website at: <http://www.aim.ca.gov>